New England Deaconess Hospital

pulse

185 Pilgrim Road, Boston, Massachusetts VOLUME 33 – NUMBER 18 JUNE-JULY, 1980

Happy Hearts eases adjustment for NEDH by-pass patients

A surgeon's involvement with a patient usually ends shortly after leaving the hospital when the patient returns to the care of his or her primary physician and the surgeon moves on to the next case.

However, Dr. Mian M. Ashraf, heart surgeon at NEDH, has developed an ongoing relationship with his patients which has led to the formation of Happy Hearts Coronary By-pass, Inc. "a club for the hapiness and good of persons with coronary artery by-passes."*

The idea for the group originated at a small dinner party in New York seven years ago. Several of Dr. Ashraf's patients had gathered to honor him, not only for his skill as a surgeon, but for his continuous concern for their well-being.

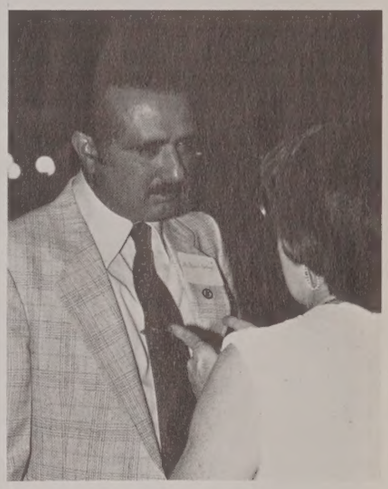
During this dinner, and at a larger meeting the following year, Dr. Ashraf urged his former patients to organize a structured group which would provide encouragement and information to other people undergoing coronary by-pass surgery. From a nucleus of 15, the non-profit association grew to a present membership of 250 people.

The function of the Happy Hearts organization includes: visiting by-pass recipients before and after surgery to offer encouragement to them and their families; holding at least five educational meetings a year; providing information on the Deaconess and the surrounding area to incoming patients; procuring blood donations for patients before surgery; and arranging transportation to and from Boston, if needed.

Happy Hearts members generally help the by-pass recipients to return to (or assume) a well-balanced life of exercise, work, family activities and good dietary and health habits following surgery. In many cases a patient's anxiety is relieved by the presence of someone who has undergone the same operation and has resumed a normal life.

The current Happy Hearts president, John Drago, received a triple by-pass in 1969 following a series of heart attacks which left him unable to walk across a room, or even pick up a pencil, without gasping for breath. "My brother, a local cardiologist, sent me to the Deaconess which was one of six

(continued on page 3)



Dr. Mian M. Ashraf

*During a coronary by-pass procedure, a segment of vein is removed from the leg. One end of the vein is then sutured to the aorta and the other end to the coronary artery beyond the obstruction caused by hardening of the arteries. The blood can now flow through this vein and by-pass the obstruction in the coronary artery.

Deaconess joins Jubilee celebration

The Deaconess recently participated in Hospital Week activities of Jubilee 350, Boston's gala birthday celebration.

As participants, the Deaconess and other major Boston hospitals set up exhibit booths in city hall depicting the contribution each institution makes to Boston as the medical capital of the world. Hundreds of tourists and lunch hour workers took advantage of the free blood pressure screening test at the NEDH booth administered by nurse Mary Jo Mozden and "Deaconess" Claire Fletcher (Meissner Laboratory).

Dr. Ted Badger, pulmonary specialist, dies at age 80

Two years ago when Dr. Theodore L. Badger received the Trudeau Medal from the American Lung Association, he was described as being not only a 'distinguished chest physician for more than four decades', but also as being a 'teacher, investigator and humanitarian.'

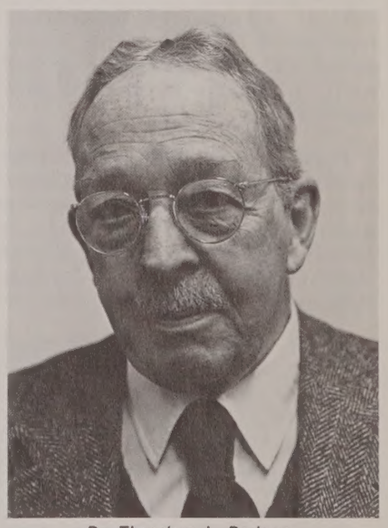
Dr. Badger, a NEDH staff member since 1931, remained active and productive in all of these areas right up until his death at age 80 on May 28.

Born in Boston, Dr. Badger graduated from Yale University in 1922 and from Harvard Medical School four years later. He was a house officer at Massachusetts General Hospital, a resident at Presbyterian Hospital in New York, then became chief resident of the chest service of Bellevue Hospital from 1929-30.

In 1931, Dr. Badger began his private practice in internal medicine in Boston, where he also joined the medical staffs of several hospitals, including the Deaconess. He worked for Harvard Medical School in the Thorndike Laboratory in Boston City Hospital where he headed the pulmonary unit until 1968. He eventually achieved a full professorship in medicine at Harvard University. The Theodore L. Badger lectureship in pulmonary disease was established at Harvard Medical School by his friends, students and colleagues in 1972.

From 1936-55, Dr. Badger served as chief of staff at the Channing Home for

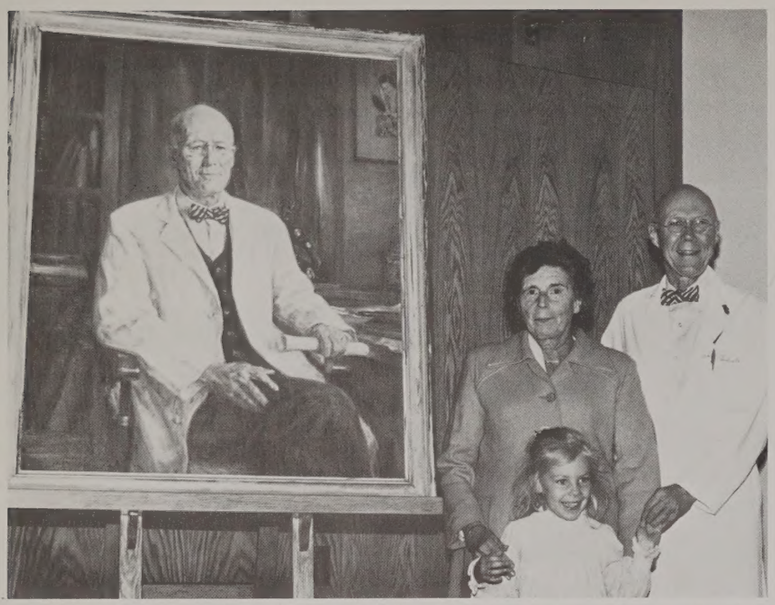
(continued on page 2)



Dr. Theodore L. Badger

Dr. Shields Warren dies on July 1

Dr. Shields Warren, 82, NEDH pathologist and one of the world's leading medical experts died on July 1 as the PULSE went to press. His obituary will appear in the August issue.



A recent ceremony in Joslin Auditorium marked the unveiling of an oil portrait by artist Pietro Pizatti of Dr. James L. Tullis, retiring chief of medicine at the Deaconess. Shown with Dr. Tullis is his wife, Marjorie, and granddaughter, Elizabeth.

Dr. Badger *(continued from page 1)*

Tuberculosis (located at the present site of the Meissner building). During World War II he was chief of medicine for the 5th General Hospital and senior consultant in tuberculosis for the U.S. Armed Forces in Europe from 1942 until the end of the war. He was honorably discharged with the rank of colonel.

Dr. Badger served as president or chairman of various medical associations including the National Research Council Subcommittee on Tuberculosis, the American Thoracic Society and the National Tuberculosis Association. He received an honorary life membership from the American Lung Association in 1977. In addition to his many contributions to medical literature, Dr. Badger began a monthly column for a journal, "Medical Dimensions," in 1974.

But perhaps Dr. Badger's greatest professional satisfaction came from his work with Sir Wilfred Grenfell and the International Grenfell Mission in Labrador and Newfoundland. Dr. Badger was so inspired by a lecture Sir Wilfred gave on his work at Yale in 1921, that he worked for a summer shoveling coal on Sir Wilfred's mission steamship off the coast of Labrador and Newfoundland.

"Sir Wilfred provided medical care for the fishermen, Indians and natives in the area," said Mrs. Alice Badger, "Dr. Badger was impressed not only by his medical example, but by his humanitarian approach. Sir Wilfred's life influenced the way Dr. Badger viewed his own career."

From 1921-77, Dr. Badger spent many summer "vacations" doing tuberculosis studies and contributing to the medical care of the Grenfell Hospital patients. He was influential in establishing hospitals and nursing stations along the coast, and he served on the board of directors of the International Grenfell Association for many years.

At the Deaconess, Dr. Badger was assistant chairman of the medical staff from 1960-64 and chairman of the cardiopulmonary committee from 1967 until his retirement earlier this year. He was also physician advisor to the utilization review committee since 1977.

Dr. Badger is survived by his wife, Alice (Wetherbee) Badger; two daughters, Ann B. Emery and Martha B. Simpson; a sister, Doris B. Clark; six grandchildren; and many nieces and nephews.

Deaconess News in Brief

Edward R. Kushmerek, former director of accounting at Beverly Hospital, has been appointed controller for the Deaconess. In his position, Mr. Kushmerek will be responsible for the supervision of accounts payable, payroll, general ledger and cashier functions.

Dr. C. Burns Roehrig, NEDH internist, was re-elected to a three-year team as a trustee of the American Society of Internal Medicine (ASIM) during its annual meeting in Washington, D.C. ASIM, a national federation representing 17,000 members, is concerned with the social, economic and political aspects of medical care delivery.

Joanne Casella, chief medical technologist, and **Dr. Randi Rosvoll,** co-directed a regional workshop on quality assurance in a clinical laboratory at the June 5th meeting of the American Society of Clinical Pathologists in Philadelphia.

Nancy Sweeney, assistant head nurse, conducted a two-day workshop on the intra-aortic balloon pump at the 1980 National Teaching Institute in Atlanta. The institute was sponsored by the American Association of Critical Care Nurses.

Oncology Dietitian Specialist **Anne McCarthy** coordinated the spring meeting of the Massachusetts Dietetic Association entitled "Nutrition and Cancer" held at the Deaconess. Speaking at the meeting were Dr. Arnold Malcolm, radiation therapist; Anne Melfi, R.N., chemotherapy nurse; and Patricia Wilman, R.N., who is also a cancer patient and spoke to the group from a patient's perspective. Ms. McCarthy addressed the group of approximately 150 registered dietitians on "Feeding the Cancer Patient".

Madeleine Martin, dietetic intern, recently spoke on the problems encountered with the current methods of providing community nutrition at the New England Conference on Community Food and Nutrition.

Dr. Albert L. Sheffer, allergy and clinical immunology, lectured on exercise-induced anaphylaxis at a meeting of the Michigan State Allergy Society on May 7. He also related his experiences in founding the New England Chapter of the Asthma and Allergy Foundation of America. On the same day, he addressed the combined meetings of the American Federation of Clinical Research, Society for Clinical Investigation and the Association of American Physicians in Washington, D.C.

Dr. F. Henry Ellis, Jr. chairman of the department of thoracic and cardiovascular surgery, presented four papers at the International Symposium on Medical and Surgical Problems of the Esophagus held in Rome, Italy. He also lectured on esophageal achalasia at the University of Padua on May 12.

George E. Carrington and **Robert J. Gagnon, Jr.** recently became the first employees of the NEDH central sterile service (CSS) to become certified CSS technicians. Mr. Carrington, CSS supervisor, and Mr. Gagnon, charge technician of the orthopedic services and medical-surgical equipment division of CSS, were certified by the International Association of Hospital Central Service Management after passing a national examination. They attended a special accelerated program at the University of Chicago to prepare and qualify them to take the exam.

Dr. Martin Levene, deputy director of the Joint Center for Radiation Therapy, is the 1980 recipient of the Distinguished Alumnus Award from the Boston University School of Medicine Alumni Association. Dr. Levene received his M.D. degree from Boston University in 1950.

George V. Muncey, chief respiratory therapist, was granted an award by the respiratory therapy faculty and students of Northeastern University on June 2. The award was given in recognition of Mr. Muncey's special interest and help in the education of respiratory therapists at Northeastern University.

HAPPINESS IS . . .

Knowing there will be enough

Blood this summer.

GIVE BLOOD

BLOOD BANK, DEACONESS 3, 732-9085

C. Gerard Drucker (l-r), president of the board of trustees at Brookline Hospital; Rubin Epstein, chairman of the board of trustees at Brookline Hospital; and Laurens MacLure, NEDH president, sign a letter of agreement establishing a working affiliation between the two institutions. Details of the agreement were reported in the May issue of PULSE.

NEDH blood bank holds donor appreciation party

The Harris Hall living room was recently filled to capacity as the blood bank held its annual luncheon appreciation party for 312 people who have donated a gallon or more of blood to the program.

Since its inception in 1972, the Community Blood Donor Program has provided 8724 pints of blood for Deaconess patients. These donations represent a cost savings of about $350,000 to the hospital.

At the party seven donors were honored for reaching the three gallon level and one for attaining the four gallon mark. Three gallon donors are Cathy Cardillo, blood bank; John Cormack, operating room; Mark Fitzpatrick, a former employee; Patricia Henry, Cancer Research Institute; Richard Lewis, mailroom; Margaret McLean, nursing service; and Michael Tracy, surgical services. Richard Bellafatto, nursing service, is the four gallon donor.

Deaconess Director Richard E. Lee, Dr. Merle A. Legg, chairman of the department of pathology and Dr. Charles L. Arkin, chief of clinical pathology, thanked the donors for their continued participation in the blood donor program.

The blood donors received a moving first hand account of the importance of their donations from Warren Meacham, a leukemia patient. Mr. Meacham related how extensive blood transfusions over a two-year period saved his life. During that time, Mr. Meacham received countless transfusions from his daughter and son that kept him alive during chemotherapy treatments. Thanks to his children's efforts and successful chemotherapy treatments at the Deaconess, Mr. Meacham said he is now totally free of leukemia.

Six dozen and one pints – Dr. Charles Arkin (4th-l) chief of clinical pathology, and Dr. Agnes Kim (far right) pose with three-and four-gallon blood donors: (l-r) James McCormack, a former employee; Margaret McLean, nursing service; Dennis Montz, engineering; John Cormack, surgical service; Richard Bellofatto, nursing service; Michael Tracy, surgical service; Richard Lewis, mailroom; Patricia Henry, Cancer Research Institute; and Robert Kitchin, building services.

Happy Hearts President John Drago (center) visits with fellow members following the group's annual meeting. Other coronary by-pass patients (r) enjoy the evenings entertainment.

Happy Hearts *(continued from page 1)*

hospitals in the United States performing by-passes at the time," said Mr. Drago. He returned to his job as a state statistician 12 weeks after surgery, and worked part-time until his retirement in 1978.

As president of Happy Hearts, Mr. Drago sends out newsletters and helps to line up guest speakers, such as the teacher from a New York school of pharmacy who discussed cardiac medicine at their last formal meeting. More recently, the Happy Hearts members held their annual dinner dance in New York, an event which gave Dr. Ashraf an opportunity to catch up with the latest news concerning his patients and their families.

"At these meetings I feel as if we start a new year together," said Dr. Ashraf, to the assembled group. "The consensus nowadays seems to be that people are predominately selfish. This club proves otherwise. Not a day goes by without my office receiving a call from one of you asking what you can do for people coming into the hospital."

"Happy Hearts is a unique group because the members all have three things in common – the same disease, the same hospital and the same surgeon," said Dr. Ashraf, "I make it a habit to become personally involved with my patients." He explains his philosophy this way, "when someone entrusts his or her life to you, I feel you must give all you can in return, even after the patient leaves the hospital. The commitment is a personal choice and it's not easy because you must always be accessible to the patients and their families. But it's also fun."

The evening was a blend of social and educational activities, including an up-date on the latest advances in cardiac surgery and a slide presentation by staff members from the Heart Center in Boston. The staff from the comprehensive cardiac rehabilitation center stressed the need for a carefully controlled program of exercise and diet following surgery. As Dr. Ashraf told the group, "I did my part, now it's up to you."

For a coronary by-pass does not cure heart disease. It simply by-passes the affects of coronary disease which can be exacerbated by many factors including diet, smoking, high blood pressure, hereditary traits and diabetes.

A patient is referred to a heart surgeon, such as Dr. Ashraf, following a cardiologist's initial diagnostic exam which would include a stress electrocardiogram and coronary arteriography (x-ray procedure which outlines coronary arteries). If surgery is indicated, the cardiologist would consult with a surgeon to decide a plan of treatment.

"The goals are to relieve angina pectoris (chest pain), prolong life and decrease the incidence of future heart attacks," said Dr. Ashraf, "Increasing evidence shows that a by-pass can accomplish these goals, especially in relieving angina. Medication may help control the heart disease, but it can limit a person's activities. Whereas a bypass can enable a person to return to a normal life, to resume physical activities and work."

A special concern to Happy Hearts members is the discrimination often encountered by people when they try to return to work following open-heart surgery. "Discrimination can be a very subtle thing – how can you prove it?," said Mr. Drago. "All we can do right now is refer people to a state office of rehabilitation, or a similar agency; and, of course, we can educate the general public through our organization."

Dr. Ashraf is frustrated by the widespread misunderstanding of what heart patients are capable of doing following surgery. "If anything, a person who receives a coronary by-pass is better than he or she was before the operation. I know many people who have lost jobs because they were open-heart patients; and I know people who have successfully returned to all kinds of professions, even as athletes. It's ridiculous to judge people on the basis of having a scar on their chests."

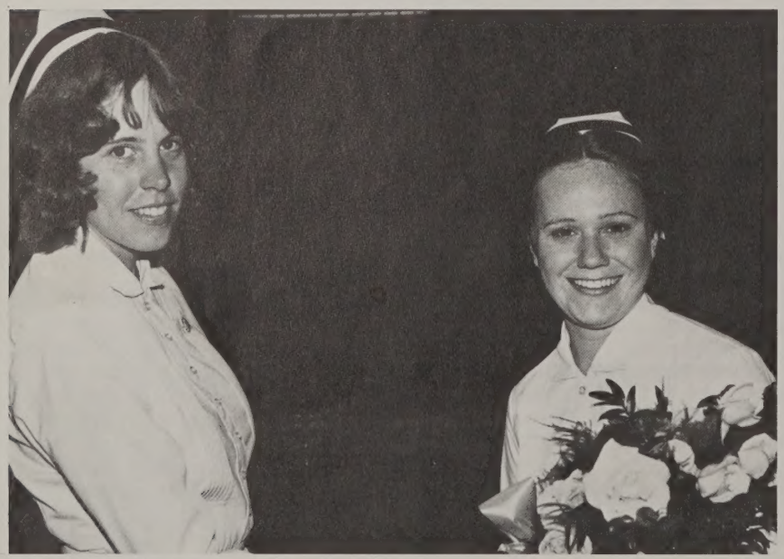
"They're my residents" – Dr. Cornelius Sedgwick, chairman of the department of surgery, and mentor to a number of "budding" surgical residents over the years, poses with some of his former charges. The physicians gathered from all over the country to honor Dr. Sedgwick (front row, third from left) at his retirement party held on June 18 at the Harvard Club. Deaconess physicians included in the group are: Drs. Horst Filtzer, Paul Kearns, Frank Wolfort, Garry Gibbons, Kenneth Marshall, John Schuler, Ricardo Rossi, Marvin Corman, and Thomas Cochran.

Graduate Nancy Walker is overwhelmed with congratulations from her colleagues.

Sheila Schofield receives the nursing alumnae scholarship from Mrs. Leo Krall, president of the Friends of the Deaconess.

Sharon Costa (l) and Ronda Pomeroy following the baccalaureate and pinning ceremony at Marsh Chapel.

Class officers were: Roxane Desjardins, treasurer; Sharon Costa, secretary; Karin Midttun, vice president; and Barbara Shawcross, president.



Ellen Childs (l), Class of '79, presents a bouquet of flowers to Bernadette Glode, highest honors recipient.

School of Nursing graduates 82nd class

Donna White receives her diploma from James F. Farr, chairman of the Deaconess Board of Trustees.

Graduation exercises for the School of Nursing, class of 1980, were held on the evening of June 12 at Temple Israel.

James F. Farr, chairman of the Deaconess Board of Trustees, and Ellen D. Howland, director of nursing, presented diplomas to members of the class. Dr. Gary W. Gibbons, a surgeon at NEDH, delivered greetings to the graduates.

William J. Holmes, president of Simmons College, was the guest speaker for the ceremony. President Holmes challenged the graduates to keep their nursing skills current with advances in medical technology, but cautioned the nurses against losing sight of the importance of humanity in their profession.

Karen E. Beauchamp, class of 1980, delivered the message from the graduation class. The alumnae scholarship was awarded to Sheila Schofield. Entertainment was provided by the Glee Club under the direction of John J. Markarian, Jr. Graduates and their guests attended a reception at Temple Israel following the exercises.

Director of Nursing Ellen D. Howland pins members of the graduating class.

Barbara Shawcross, (l), president of the graduating class, gives a senior band to Donna Linger, junior class president.

The Glee Club performs under the direction of John F. Markarian, Jr.

Earlier in the day, the baccalaureate and pinning ceremony for the 49 nursing graduates was held in the Marsh Chapel at Boston University.

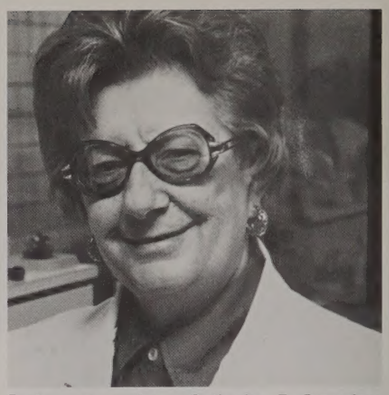
Graduates staying at NEDH are: (front row, l-r) Lesley Buchanan, Jo-Ann Limoli, Barbara Wenger, Frances Pitoniak; (second row, l-r) Karen Guida, Carolyn Morrison, Lynne Fitzgerald, Karin Midttun, Carlotta Murray; (third row, l-r) Nina Carrera, Diane Hickox, Jan Barnes, Karen Jones, Marie Crovo; (fourth row, l-r) Bernadette Glode, Barbara Shawcross, Marie Zaborski, Elizabeth Ross, Diane McKinnon.

Honors went to: (front row, l-r) Lisa Ann Aversa, Deborah Hamel, Roxane Desjardins, Jo-Ann Limoli; (second row, l-r) Karen Guida, Ronda Pomeroy, Lynn Kilbreth, Sheila Schofield; (third row, l-r) Diane Hickox, Patricia Demorest, Karen Jones, Karen Beauchamp, Jan Barnes.

Deaconess hosts employees at service awards coffee hour

Ten year recipients. *Back row (l-r): Larry Tempesta, building services; Boleslaw Korzec, dietary; and Glenn D. Davidson, surgical services. Front row (l-r): Carol J. Livingston, nursing service; Nereida Colon, building services; and Ghislaine A. Cazeau, Medical Office Building.*

Robert Tinch, Sr., senior technologist, has worked for 30 years at the Deaconess.



Forty year employee Catherine E. Greenlaw works as a histology technician in the pathology department.

Fifteen year recipient *William E. Branson (l), patient services, joins* **twenty year recipients** *Betty L. Celander, surgical services; Thomas A. Cullen, Cancer Research Institute; and Mary R. Radovich, nursing service.*

Five-year recipients. *Back row (l-r): Patrick Cahill, heart station, and Paul J. Anderson, surgical services. Front row (l-r): Lorraine F. O'Neil, coffee shop; Carlos Leyva, building services; and George Z. Chirinos, engineering and maintenance.*

NEW ENGLAND DEACONESS HOSPITAL
School of Nursing Alumnae Association
Twelfth Annual Alumnae Reunion Day – November 1, 1980
Audrey K. Kennedy Hall
1 Autumn Street, Boston, Massachusetts 02215

8:30 - 9:30 Coffee and Registration

10:00 - 10:45 Business Meeting – Auditorium
ANA Convention Report – Beatrix Alfonso

11:00 - 12:00 Program: "Health Care in Liberia in 1980" – A Slide Show Presentation and Discussion by Irja Hill Wilson ('43)

12:45 Luncheon
Harvard Club of Boston
Presiding: Lois Schulz, President of N.E.D.H.
School of Nursing Alumnae Association
Greetings from Laurens MacLure, President of N.E.D.H.

In order to accommodate everyone at the luncheon, we must ask for advance registration. Donations of $10.00 and the reservation card below must be sent by October 17, 1980 to Priscilla Archibald, 63 Hollywood Road, West Roxbury, Massachusetts 02132.

Use of public transportation is advisable, but parking will be available at no charge in the Pilgrim Road garage opposite Audrey K. Kennedy Hall.

Please complete and return the bottom half

ALUMNAE REUNION DAY

Name_____
(first) (maiden) (married)

Class_____ I plan to attend: Yes ( ) No ( )

NOTE: Please enclose a check for $10.00 made payable to the Alumnae Association of the School of Nursing of the New England Deaconess Hospital, and send to Priscilla Archibald, 63 Hollywood Road, West Roxbury, Mass. 02132.

DEADLINE: October 17, 1980

New England Deaconess Hospital **pulse**

The New England Deaconess Hospital is a 489-bed and 14-building complex. Physicians from the Joslin Clinic, the Lahey Clinic, Overholt Thoracic Clinic and the general medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine, and is affiliated with Harvard Medical School.

PULSE is published monthly by the public relations department of the New England Deaconess Hospital.

LAURENS MACLURE
President
RICHARD E. LEE
Director
M. ELEANOR (CLAPP) LOWRY
Public Relations Director
DONALD P. FRASER
Public Relations Assistant
NANCY A. SEIDEMAN
Editorial Assistant
MADELINE HARCOURT
Secretary

School of Nursing graduates its 82nd class *(see pages 4-5).*

New England Deaconess Hospital
185 Pilgrim Road
Boston, Massachusetts 02215

Non-Profit
U.S. Postage
PAID
Permit No. 18
Holliston, MA 01746

TIME VALUE